

Dear friend,
I need some help. I watch a lot of TV and love to
look at magazines. The people in the ads look so
good. They are so attractive, have the perfect
body, & seem so happy. I get depressed because I
don't think I will ever look like that. I am thinking
about trying to eat only one meal a day so I can try
to look better and be happier. What do you think?
Your friend,
Sammy

Tuning
In

*Developed by: Denise Zimmer, RD, Eat Smart Be Smart Guide:
Lesson Fifth—Tuning In.*

Eat Smart Be Smart